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LINDEN WORLD

Vol. 3

No. 13

Spring Fling - A Time for Celebration

By Philip Prewitt

A time has come for those who want to get sentimental, a time for those who want to see their friends for one last time, a time for those who want one last bit of relaxation before finals - Spring Fling is this time.

With less than a month of school left before finals are to begin, this traditional student weekend is in its final stages of planning. Designed to be a relaxing student-oriented weekend, this year's Spring Fling is set to begin the evening of Friday, April 24, with activities lasting through to Sunday afternoon, April 26.

Spring Fling organizer Eric Reinsfelder plans the activities to allow students the opportunity to "let loose and have a positive attitude" before the end of school. Reinsfelder said that Spring Fling would also be "easy going and relaxing," allowing students time to visit with each other with "enough scheduled events to keep people from getting bored."

Last year's Spring Fling was held at the same time as a Carnival but this year's Carnival has been postponed until the upcoming Fall semester. When asked about last year's Spring Fling and Carnival, Julie Jacobs said, "No one stayed for it. They didn't like the Carnival being at the same time as the Fling." Jacobs also said, "Spring Fling is a party for the students, a time for everyone and especially the seniors to have one last good time with their friends."



Spring Fling 1986 - The good old days when mud-packs came cheap and full length as displayed by (L-R) Julie Harmon, Robin McCune, Cindy Sitz and Brenda Eisenbies.

Spring Fling is planned to have something for everyone to take part in or just to watch. Sandy Spencer summarized this upcoming weekend when she said, "A wild weekend would be nice with all those things which make up the Lindenwood tradition."

Spring Fling Schedule of Events

Friday: Street Dance with D.J.

Saturday (Afternoon): Outdoor Lunch
D.J. Playing
Crazy
Olympics

Saturday (Evening): Street Dance
with Band

Sunday (Morning): Recuperation

Sunday (Afternoon): 1:00 Faculty/
Staff student
softball game
3:00 Mudd
Volleyball
4:00 Choral
Concert



EDITORIAL PAGE

Note: The following is a written editorial and does not necessarily represent the views of this newspaper, its staff or Lindenwood College.

Lindenwood's Next Milestone

The opening of the new student center, "The Tea Hole," has proved to be a very good addition to our campus. It is drawing to it more students than the old center and there is a better social atmosphere which will promote a stronger sense of community among students who live in all of the campus housing.

A large number of students at Lindenwood College believe the next milestone this college should pass in its search for the improvement of student life is an on-campus physical fitness and weight training recreational sports facility. Such centers are integral parts of the majority of college and university campuses.

I agree such a facility would have far reaching and long-lasting effects among all the students and faculty of this campus whether they are residential, commuter, young or old, man or woman, child or adult.

It seems that the decline of physical fitness started in the post-World War II environment of the fifties. The economy was on the rise, general affluence prevailed for the first time since the Depression. Kids began watching television for hours at a time and most of them lived in urban or suburban rather than rural communities. The "teenager" became recognized as a distinct social phenomenon.

President Eisenhower, alarmed by the deteriorating physical fitness of the country's youth, created the President's Council on Physical Fitness. If young people lived sedentary lifestyles back then, think what has happened since. Now there is cable TV, video games and computers. The fast food diet is an everyday way of life. Add to this the widespread alcohol and substance abuse that widely affects college students, teenagers and even pre-teens.

According to the Los Angeles Times, a study was made by the Institute for Social Research at the

University of Michigan. Approximately 20,000 boys and girls, age 6-17, participated in nine exercises to test basic athletic skills. The study revealed:

- 40% of boys could do no more than one pull-up; one of four could not do any.
- 70% of girls could do no more than one pull-up; 55% could do none.
- 50% of the girls and 30% of the boys could not run a mile in 10 minutes.
- Girls 14-17 performed worse on the average compared to girls tested 10 years earlier.
- Girls did not improve with age in upper body strength; an average six year old scored as well as a 17 year old.

One reason for this decline of fitness and health is the lack of adequate physical education in today's schools. Many junior high and high schools no longer make P.E. compulsory. When this happens, the percentage of students who do enroll is less than one-third. Most often what P.E. classes there are are taught by teachers who are not well trained or who completely lack physical education credentials.

The sad state of physical education in this country is a major cause of the poor physical condition of our children. But there is another reason: In spite of the well publicized activities of a few adults, the majority of parents are not in shape and do not teach their children how to eat well and take care of their bodies, and in general set poor examples for their children to follow.

Studies have shown that kids learn to read earlier and more competently when they have parents who read, read to them and endorse the whole idea of reading. The only way we can create a situation in which parents care about and take steps to improve the fitness level of their children is to teach the current generation how to take care of their bodies so that they will pass these ideals on to their own children.

Certain trends in our society are not going to reverse. Increasing amounts of time will be spent at the computer. Fewer of us will earn a living on the end of a shovel. We are not going to

stop watching TV and fast food is not going to go away.

It's clear kids do better in class when they are physically fit. They're more alert, have a stronger immunity to sickness and disease, they go to school, and are better able to deal with stress.

Taking all this into consideration and realizing that fitness clubs are fast becoming the social center of the 1980's it would seem short-sighted for Lindenwood College to have dropped its physical fitness program in 1983 and make no plan of supplying any type of fitness facility for their students. Southeast Missouri State University at Cape Girardeau has recognized such a need on their campus and have recently finished construction of their new "Show Me" center. We are in desperate need of a physical fitness center at our college, one that would supply everyone with a physical fitness circuit, weight building, and recreational sports.

Sincerely,

Eric Simms

The Linden World

EDITOR: Phil Prewitt

BUSINESS

EDITOR: Kim Poole

STAFF: Kathleen Carlson, Reid Kirby,
Kathy Kutay, Rhonda Shipman

ADVISER: Marcia Zaraza Guckes

The Linden World

The Linden World is published biweekly by the student newspaper staff and financed by the Lindenwood Student Government (LSG). The opinions expressed herein reflect those of its editorial staff and not necessarily those of Lindenwood College. The Linden World is designed to serve, inform and represent the students at Lindenwood College in conjunction with the Linden World staff and is sponsored by the Lindenwood Student Government (LSG). Students interested in working on future issues of the Linden World are encouraged to contact the newspaper staff through P.O. Box 722 or Phil Prewitt.

CAP Center Notes

By Debbie Coats

Need a special place to study for the duration? A push to get the job done?? The company of fellow sufferers??? Bring your books! the CAP Center will provide the refreshments. Please join us for informal study hours on Tuesday and Wednesday evenings, 7-9 p.m. These will be held in the CAP Center for the rest of the semester. A peer tutor, available for assistance, will be on duty Wednesdays.

On Tuesday, April 7, from 3:30 to 5:00 p.m., the CAP Center will conduct an Interviewing Skills/Resume Writing Workshop. Please plan to attend if your schedule permits. I am also available for individual appointments. To sign up, come to the C.A.P. Center, or call me at extension 307.

If you miss the workshop and can't arrange an individual appointment, stop

by the C.A.P. Center and utilize some of our resource materials. We have handouts on career planning, resume writing and job search techniques. You can also pick up College Placement Council Annuals that offer information on employers and employment opportunities in a variety of fields.

Attention Job Seekers - First Investors corporation will conduct an informational on-campus seminar Wednesday, April 8, 2:00-3:00 p.m. They are seeking persons for management training positions.

On Wednesday, April 15, ITT Consumer Financial Corporation will conduct personal interviews from 9:00 a.m. to 4:00 p.m. They are also wanting to hire management trainees.

To sign up for these events, contact Debbie Coats in the CAP Center, ext. 307.

CORRECTION - In the March 16 issue of the LindenWorld, James Felder's name was not included with his story "The Trouble With Computers."

Pillow Talk Is Serious Business

By Sophia Wehmer

Pillow Talk, a group gripe and grin session will meet with pillows in hand for venting frustrations, sharing synonymous situations, and expressing innermost intimacies. This activity will take place in Cobbs Lounge from 7:00-8:30 p.m. every Monday until the end of the semester. Sponsored by the Peer Counselors, the event is being held to let students know by talking with each other that their problems and concerns aren't necessarily unique. In this way the Peer Counselors hope to make the Lindenwood campus more acutely aware of personal issues common to all of us. Everyone may feel free to join in (or not in) discussion.

The Peer Counselors are a group of Lindenwood students ranging in status from freshmen to senior. To become a Peer Counselor, these students had to complete an intense preliminary training program guided by Randi

Wilson, head of the CAP Center. The training includes communication skills learned through role play, crisis intervention information supplied by our area's Life Crisis Center, and working knowledge of developmental issues such as identity formation, separation, and self esteem taught in seminars by Wilson. Peer Counselors are also trained to detect symptoms of anxiety, stress and depression as well as watch for signs of drug abuse, suicidal risk, and alcoholism. To ensure the quality of counseling, the P.C.s occasionally meet with Wilson to keep her informed of their activities. This is the second year of operation for the Peer Counseling program which is available in the CAP Center or on an on-call basis in the residence halls. A drop-in schedule is posted next to the peer counseling office or appointments can be made or questions answered by contacting the CAP Center.

FOR SALE

ATARI 2600, with paddles and joysticks, 24 game catridges,
\$20.00
P.O. Box 228

College Life

Notes from Marilyn Morris

Hall Government will be taking orders for boxers at \$8.00 a pair or jams for \$15.00 a pair. Place your order NOW with Dave Tilden, Kara Cova, Jim Beck, Allen Sell or Marilyn Morris. They are gold material with a black paw print with LC on the inside and a Lion on the material. Order yours in time for Spring Fling.

A reminder: Phantom of the Opera tickets are available for \$3.00 from Marilyn Morris. This will be at the St. Louis Repertory Theatre on Wednesday, April 15th. Deadline for reservations is April 8th. For more information call ext. 222.

Super singles come to Lindenwood. Available for juniors and seniors only a "Super Single" room in Niccolls Hall. For information and an application, contact Marilyn Morris at ext. 222.

What is Success?

To laugh often and much;

To win the respect of intelligent people and the affection of children;

To earn the appreciation of honest critics endure the betrayal of false friends;

To appreciate beauty;

To find the best in others;

To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;

To know even one life has breathed easier because you have lived;

That is to have succeeded.

--Ralph Waldo Emerson

Contributed by Kathleen Carlson

APRIL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1 Hall Government Elections All Fools Day	2 9:30 Bowling	3	4 Resident Staff Spring Workshop at Ozarks	
5	6 7:00-8:30 p.m. Pillow Talk in Cobbs Lounge	7	8	9 9:30 Bowling	10	11
12 Jean Fields Faculty Lecturer	13 7:00-8:30 p.m. Pillow Talk in Cobbs Lounge	14	15 8:00 p.m. The Rep - "Phantom of the Opera" at Webster U.	16 ← Lindenwood Mainstage →	17	18
19 Easter	20 7:00-8:30 p.m. Pillow Talk in Cobbs Lounge	21 ←	22 All Campus Plann- ing Session for next year's club events	23 Preregistration for Fall 1987 →	24	25 ← Spring Fling →
26 4:00 p.m. Choral Concert →	27 7:00-8:30 p.m. Pillow Talk in Cobbs Lounge	28 ←	29 Room sign-up in Residence Hall	30 →		

THINGS TO LOOK FORWARD TO

MAY 1 - Last day of classes

MAY 4-8 - Finals

MAY 8 - 7:00 p.m. Residence Halls close

MAY 15-16 - Baccalaureate and Commencement

MAY 17 - Halls close for seniors



MAKE A SPLASH THIS SUMMER!

PREFERRED POOL CARE NEEDS

- POOL MANAGERS
- LIFEGUARDS
- TEAM COACHES
- SWIM INSTRUCTORS

CALL

(314) 432-8290

Ask for Peter

WARNING WARNING WARNING

That time of year is here. Time to apply for scholarships and Financial Aid. Pick up your Scholarship and Financial Aid applications in the Financial Aid Office today.

Financial Aid applications are due to be mailed by no later than April 15th for Missouri residents to assure their participation in the Missouri Student Grant Program. Scholarship applications are due by April 15th.

Don't delay, come to the Financial Aid Office for your applications and file them immediately.